



Optimum VA

The Official Newsletter of the National Association of Veterans Affairs Optometrists

2018 Issue 3

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President's Column



Dear NAVAO Members,

Please start marking your calendars for the 2018 annual NAVAO meeting which is currently scheduled for the evening of Thursday, November 8, 2018 at the Biga on the Banks Riverwalk Restaurant San Antonio in conjunction with the American Academy of Optometry Meeting in San Antonio, TX. Tentatively, the Business Meeting (members only) will be held from 7:15-8:00 PM and will be immediately followed by the reception and program at 8:00 PM. More details will be posted to our website as the date gets closer. We hope to see you in San Antonio!

I would like to thank our Board Members and Committee Members who have been continuously working towards improving NAVAO while also meeting the demands of their regular job duties! As an all-volunteer organization, our success is dependent on the active participation of our members and the time that they devote to the NAVAO.

Congratulations and thank you to our members that took the Advanced Competence in Medical Optometry (ACMO) examination, which was recently administered by the NBEO on June 22, 2018. Test results were released at the end of July. We encourage our members to consider taking this important examination.

As always, we appreciate feedback from our members - Please feel free to contact us at info@navao.org with any comments, suggestions, or concerns that you may have.

I hope everyone has a great summer!

Sincerely,
Kevin J. Mercado, OD, FAAO
President, NAVAO

FROM THE EDITOR

I hope everyone is enjoying the summer and staying cool! I have always felt fortunate to have gotten a lot of help from my mentors who were gracious enough to answer the numerous questions I had, helping me as a student, then resident, and now a staff optometrist. So much so that I had the thought, “What would I do without their help?”

With these thoughts and musings is where I find myself with the drive to include current and relevant resources in this newsletter for all NAVAIO members, new or seasoned. I hope that everyone will find the resources provided in this, and future, issue(s) helpful in making their career at the Veterans’ Affairs just a bit easier and/or streamlined.

In this issue, you’ll find the new VA Optometrists appointments and I’d like to take a bit of space to welcome our new optometrists and wish you all a wonderful and fulfilling career to serve those that have served the country. We hope that you will join us in the NAVAIO and bring your own light.

As always, I am grateful and honored to be able to serve as the Editor of the VA Optimum and hope to continually bring relevant content to you all. Please reach out to me with any questions, comments, and concerns.



Carrie Ho, O.D., F.A.A.O.
Newsletter Editor



FROM THE NAVAIO BOARD



Carla Gilbertson, O.D., F.A.A.O.
DIRECTOR OF EVENTS

Our annual NAVAIO Programs will be on Thursday, November 8th at Biga on the Banks in San Antonio. The business meeting starts at 7:15 pm and the reception will follow at 8pm with appetizers, food stations, desserts, drinks, and a keynote speaker. Registration opens Monday, August 6th. If any workgroups would like to be represented/have a table at the event, please contact me at Carla.gilbertson@navao.org.



**Richard J. Zimbalist, O.D., F.A.A.O.
DIRECTOR OF TECHNOLOGY**

The NAVAO recently added two additional COPE approved lectures for our members...and it's totally free! Check out our [online CE courses here](#). There are also several [COPE approved TMS courses](#) available to VA optometrists .

Be sure to follow [NAVAO on Facebook](#) and sign up for [Text Alerts](#) to get updated information straight to your phone.

As always, if you have any comments or suggestion on how to improve the NAVAO website experience don't hesitate to reach out.

**Katherine L. Wang, O.D., F.A.A.O.
MEMBERSHIP DIRECTOR**



The NAVAO will be announcing the opportunity for current VA optometry residents to apply for ten \$350 scholarships for use at the American Academy of Optometry by application through the NAVAO website starting August 27th. The deadline for scholarships is Friday October 5th. Residents must be current, active NAVAO memberships to be eligible for the scholarship application. Residents may register for the membership at: <https://www.navao.org/membership-join/>.

To apply for the scholarship, the AY 2018-2019 VA resident should submit a statement of intent for the use of the scholarship funds during the 2018 American Academy of Optometry in 200 words or less and also a current curriculum vitae. The statement of intent and their CV, along with any other related questions should be submitted to: scholarshipapps@navao.org.

The deadline for the scholarship application is Friday, October 5th. Recipients of the scholarship will be announced by Friday, October 19th. Residents must be present at the NAVAO reception to receive their scholarship.

*Scholarship funding is provided by International Engineering Technology (IET) Foundation.

**Janel L. Chou, O.D., F.A.A.O.
SECRETARY**



NAVAO hopes to keep its members informed about all VA Optometry issues and events throughout the year. Please continue to log onto the NAVAO.org website to see recent events and deadlines within the VA. The monthly conference call minutes will provide links to new directives and VHA Handbooks. It also provides information on opportunities for career advancements, announcements such as COPE approved CE available through TMS, information on direct scheduling and much more. It's a new residency year and there is a lot of information updating optometric education. Just a reminder – these minutes are located in the members section of our website as soon as you log in. If you have any questions about the current minutes, please contact me at janel.chou@navao.org. We love getting feedback on how we can better serve our members



Resources for VA Optometrists

VA Optometry Webpage

- <http://www.va.gov/optometry/> (internet) or <http://vaww1.va.gov/OPTOMETRY/index.asp> (intranet)
- A plethora of resources that has VA Optometry related information and guidelines pertaining on topics such as patient education and handouts, low vision rehabilitation, useful external links, and much more. Truly a must bookmark site.

Monthly VA Optometry Service Conference Call

- Nationwide conference call that occurs every third Friday afternoon at 3 pm ET.
- The meeting minutes are posted on the NVAO website.
- Meetings discuss news and any changes that are incoming to the VA Optometry practices including initiatives, directives, and programs.

VISN Intranet Online Library

- Access to online library resources purchased at the national, VISN, or local level.
- One of the most valuable, if not the most valuable, resource for those writing papers or creating posters as well as researching new developments.
- Offers publications and periodicals in downloadable and printable forms.

Remote Access Technology

- Remote access from home or away from work could be requested through your section/service chief.
- PIV card reader may be provided or may need to be purchased (varies among facilities).

OpenAthens Account - <https://register.openathens.net/va.gov/register>

- Register to gain access to the Department of Veterans Affairs' electronic resources that are included in the National Core Collection of Online Resources or that are licensed by your facility/VISN using a single username and password from any computer with an Internet connection.

VISN 19 Optometry National Email Distribution List

- Unofficial email list which allows VA optometrists to communicate, ask questions, and distribute information that's pertinent to VA Optometry.
- You may register and request inclusion in the list by contacting Dr. Shannon Kessler

List of Approved Peer-Reviewed Journals -

http://vaww1.va.gov/OPTOMETRY/docs/Peer_Reviewed_Journals_from_AAO_FINAL_02-2018.doc (Intranet)

Optometry Promotion Information Guide by Dr. Angela Musick (<https://www.navao.org/member-resources-menu/promotion-information-guide/>)

VISN Mentors - http://vaww1.va.gov/OPTOMETRY/Administrative_Page.asp (Intranet)

- VISN Mentors are very knowledgeable of the promotions process and they are your resources for questions relating to advancement and VA Optometry.
- It is highly recommended to take advantage and leverage insights of others to make the pathway to advancement clear and easier to navigate.

Optometry Service Directory (https://www.va.gov/OPTOMETRY/Service_Directory_by_Letter.asp)

- Great way to locate and connect with other VA Optometrists.

Mail Groups (Managed by Ms. Kathy Gernhart - Administrative Officer, Optometry Service)

- HQ Optometry Access Group
- HQ OPTOMETRY SPECIALTY CONTACT LENS
- VHA Optometry TBI (HQ)
- HQ OPTOMETRY C&P PROVIDERS
- Low Vision Optometry (HQ)

VA Optometry Specialty Groups

Specialty Groups

Low Vision Group

TBI Group

C&P Workgroup

Contact Lens Workgroup

Access Workgroup

Chairs

Dr. Lisa Chan-O'Connell

Dr. Karen Brahm

Dr. Maria Mandese

Dr. Michael S. Peterson

Dr. Brian Lestrangle

Dr. Makesha Sink

Dr. Joan Sears

Dr. David Yang

Dr. Jenette Cantrell

Dr. Jeanette Varanelli



NEW VA OPTOMETRY APPOINTMENTS



Name	Facility	Optometry School/Grad Year	Residency/Year
Dr. Asma Alizai	Buffalo VAMC	Pennsylvania College of Optometry 2012	Northport VA 2012- 2013
Dr. Tobin Ansel	West Haven VAMC	State University of New York College of Optometry 2016	West Haven VAMC 2016-2017
Dr. Erica Baranwal	Chalmer P. Wylie	New England College of Optometry 2015	Ohio State College Columbus/ Chillicothe VA 2015-2016
Dr. Naomi Chun	Michael E. DeBakey VAMC	Nova Southeastern University College of Optometry 2016	University of Houston College of Optometry 2016-2017
Dr. Grace Farrell	Wisconsin Rapids VA Eye Center	Nova Southeastern University College of Optometry 2017	Kansas City VAMC 2017-2018
Dr. Kelsey Haugen	Cheyenne VAMC	University of Missouri at St. Louis College of Optometry 2017	Veterans Health Care System of the Ozarks (VHSO) in Fayetteville, Arkansas 2017-2018
Dr. Bryce Krehbiel	Robert J. Dole	University of Missouri at St. Louis College of Optometry 2017	Robert J. Dole VAMC 2017-2018
Dr. Maricely Macion	Portland VA, Salem CBOC	Nova Southeastern University College of Optometry 2006	Bascom Palmer Eye Institute 2006-2007
Dr. David Malchow	St Cloud VA- Brainerd CBOC	Pacific University College of Optometry 2011	Captain James A. Lovell Federal Health Care Center 2012-2013
Dr. Sonal Pandya	Hines VA hospital/ Joliet CBOC	Illinois College of Optometry 2007	Jesse Brown VAMC/ Hines Blind Rehab 2011-2012
Dr. Neelam Patadia	Hines VAMC	Illinois College of Optometry 2012	Portland VAMC 2012-2013
Dr. Shephali Patel	Northport VAMC	State University of New York College of Optometry 2010	Northport VAMC 2011-2012
Dr. Linda Pham	VA Central Western Massachusetts - Worcester	Nova Southeastern University College of Optometry 2015	VA Connecticut HealthcareSystem - West Haven 2016-2017
Dr. Ellen Prewitt	Tuscaloosa VAMC	University of Alabama School of Optometry 2017	Tuscaloosa VAMC 2017-2018

Name	Facility	Optometry School/Grad Year	Residency/Year
Dr. Emily Reynolds	Chillicothe VAMC	The Ohio State University College of Optometry 2017	Chillicothe VAMC/Columbus VA Ambulatory Care Center 2017-2018
Dr. Melissa Schiffer	Phoenix VA	Arizona College of Optometry at Midwestern University 2017	Birmingham VA and Southeastern Blind Rehabilitation Center 2017-2018
Dr. Kelly Schoorens	Manchester VAMC	New England College of Optometry 2016	Manchester VAMC
Dr. Justin Simbulan	Michael E. DeBakey VAMC	University of Houston College of Optometry 2017	Michael E. DeBakey VAMC 2017-2018
Dr. Kayleen Wagner	St. Cloud VA	Pennsylvania College of Optometry at Salus University 2016	
Dr. Caitlin Walker	Chillicothe VAMC	The Ohio State University College of Optometry 2017	Chillicothe VAMC/Columbus VA Ambulatory Care Center 2017-2018



UPCOMING CONTINUING EDUCATION

SEPTEMBER

Southwest Florida Optometric Association
Aug. 3-5
Sanibel Island, FL
CE HOURS: 18

Annual Summer Seminar
Aug. 8
Neptune City, NJ
CE HOURS: 6

Glaucoma in the Gorge
Aug. 11-12
Hood River, OR
CE HOURS: 10

South Carolina Optometric Physicians Association Annual Meeting
Aug. 16-19
Myrtle Beach, SC
CE HOURS: 21

Annual Optometry Academy
August 19
St. Louis, MO
CE HOURS: 8

Envision Conference 2018
Aug. 22-25
Wichita, KS
CE HOURS: 20

Tropical CE Napa 2018
Sept. 2-6
Napa, CA
CE HOURS: 14

VT/Visual Dysfunctions
Sept. 5-9
Ontario, Canada
CE HOURS: 35

Alumni Weekend
Sept. 7-8
Bloomington, IN
CE HOURS: 6

Vermont Optometric Association Fall Conference
Sept. 7-9
Woodstock, VT
CE HOURS: 17
Joint USC/VA/SCCO Ocular Pathology Conference
Sept. 8-9
Fullerton, CA
CE HOURS: 8

CE in Austin
Sept. 8-9
Austin, TX
CE HOURS: 16

Primary Eye Care Update
Sept. 8-9
Talequah, OK
CE HOURS: 10

Annual Fall Conference
Sept. 15-16
Fort Lauderdale, FL
CE HOURS: 12

CE in Italy
Sept. 15-17
Florence, Italy
CE HOURS: 12

Central Pennsylvania Optometric Society Fall Forum
Sept. 16
CE HOURS: 6
Hershey, PA

CE in Italy
Sept. 18-20
Florence, Italy
CE HOURS: 12

MOA 2018 Fall Meeting
Sept. 21-22
Brooklyn Park, MN
CE HOURS: 20

CE Sarasota Symposium
Sept. 21-22
Sarasota, FL
CE HOURS: 13

2018 New Mexico Optometric Association Mid-Year Convention
Sept. 21-22
Mescalero(Ruidoso), NM
CE HOURS: 8

2018 KOA Fall Conference
Sept. 21-23
Louisville, KY
CE HOURS: 20

Forum on Optometry
Sept. 22-23
Groton, CT
CE HOURS: 20

CE in Italy
Sept. 23-25
Tuscany, Italy
CE HOURS: 12

Las Vegas International Vision Expo & Conference
Sept. 26-29
Las Vega, NV
CE HOURS: Total: 291, maximum per OD: 30

2018 Wisconsin Optometric Association Convention and Annual Meeting
Sept. 27-30
Wisconsin Dells, WI
CE HOURS: 22

UPCOMING CONTINUING EDUCATION

Indiana Optometry's Fall Conference
Oct. 3-4
Bloomington, IN
CE HOURS: 14

Idaho Optometric Physicians Annual Congress
Oct. 4-6
Coeur d'Alene, Idaho
CE HOURS: Total: 32, max. per OD: 19

EastWest Eye Conference 2018
Oct. 4-6
Cleveland, Ohio
CE HOURS: Total: 250, maximum per OD: 26

Symposium on Ocular Disease
Oct. 6-7
Orlando, FL
CE HOURS: 18

2018 North American Vision Symposium
Oct. 5-7
Windsor, Ontario, Canada
CE HOURS: Total: 20, maximum per OD: 4 to 8 hours

2018 Annual MOA Convention
Oct. 11-14
Branson, MO
CE HOURS: 15

GWCO Congress
Oct. 11-14
Portland, OR
CE HOURS: Total: 75+, maximum per OD: 26

2018-2019 Benedict Professor in Practice Management and Administration
Oct. 13-14
Houston, TX
CE HOURS: 16

Annual Applebaum Symposium
Oct. 14
Fullerton, CA
CE HOURS: 8

VOA Fall Conference
Oct. 20-21
Richmond, VA
CE HOURS: 8

Georgia Optometric Association Fall Education Conference
Oct. 20-21
Athens, GA
CE HOURS: 18

New York City Envision
Oct. 20-21
NYC, NY
HOURS: Total: 49, maximum per OD: 7 per day

CE in Fort Worth
Oct. 20-21
Fort Worth, Texas
CE HOURS: 16

Annual Education
Oct. 20-22
Groton, CT
CE HOURS: 18

CE Seminar and Optifair Canada Trade Show
Oct. 21-22
Brampton, Ontario, Canada
CE HOURS: 14

Orlando Super Weekend
Oct. 27-28
Orlando, FL
CE HOURS: 13

Online CE Courses
<https://www.navao.org/>
<https://www.reviewofoptometry.com/ce>
https://apps.ketchum.edu/ceonline/scco_ce.asp
<https://ce-optometry.westernu.edu>
<http://www.ico.edu/ico-launches-online-ce-courses/>
<https://expand.iu.edu/browse/iuso-ce?query=online%20CE>
<http://www.neco.edu/academics/continuing-education/onlinece>
<http://jacecourses.com>
<https://optometry.nsuok.edu/ContinuingEducation/CMEOnline>
<https://online-ce.opt.pacificu.edu>
<https://www.sco.edu/online-ce-course-library>
<https://ce.opt.uh.edu/online-ce/>
<http://www.optocase.com>
<http://www.wcea.education/optometry>
<http://www.aoa.org> <https://secouniversity.com>
<http://www.sunyopt.edu> <http://www.coavision.org>

COPE-Approved CE Courses in TMS
(<https://www.tms.va.gov>)
Low vision and Blind Rehabilitation
Module 1: Introduction (VA 28942; 2 Hours CE)
Module 2: Functional Vision Loss (VA 31228; 3 Hours CE)
Module 3: Low vision exam Testing (VA 28941; 2 Hours CE)
Module 4: Prescribing for Near (VA 29688; 5 Hours CE)
Module 5: Prescribing for Distance (VA 29371; 4 Hours CE)
Module 6: Prescribing for Intermediate (VA 29689; 2 Hours CE)
Module 7: Advanced Management Topics (VA 31436; 6 Hours CE)
Module 8: Psychosocial Issues (VA 29635; 4 Hours CE)
Module 9: Clinical Video Telehealth (VA 33153; 1 Hour CE)
Low Vision Telehealth Webcast (VA 34902; 1 Hour CE)
Clinical Implications of Disc Hemorrhages in Glaucoma (VA 34542; 1 Hour CE)
Cancer Associated Retinopathy (VA 34763; 1 hour CE)
Teleretinal Imaging: Diabetes Mellitus and Diabetic Retinopathy:(VA 34597; 2 Hour CE)

OCTOBER

ONLINE
TMS

NAVAO Board Members

The NAVAO Board Members assist the President in the governing of the association and carry out duties as outlined in the Constitution and By-Laws.

Kevin Mercado, O.D., F.A.A.O.
President
Kevin.Mercado@navao.org

Jennifer Gustafson, O.D., F.A.A.O.
Vice President
Jennifer.Gustafson@navao.org

Janel Chou, O.D., F.A.A.O.
Secretary
Janel.Chou@navao.org

Molly McGinty-Tauren, O.D., F.A.A.O.
Treasurer
Molly.McGintyTauren@navao.org

Nancy Wong, O.D., Ph.D., F.A.A.O.
Immediate Past President
Nancy.Wong@navao.org

Katherine Wang, O.D., F.A.A.O.
Membership Director
Katherine.Wang@navao.org

Richard Zimbalist, O.D., F.A.A.O.
Director of Technology
Richard.Zimbalist@navao.org

Carla Gilbertson, O.D., F.A.A.O.
Director of Events
Carla.Gilbertson@navao.org

Carrie Ho, O.D., F.A.A.O.
Newsletter Editor
Carrie.Ho@navao.org

Executive Committee

The Executive Committee is responsible for the management of the business of the NAVAO and advises the President on all policy matters of the Association. The Executive Committee consists of the President, Vice President, Secretary, Treasurer, and Immediate Past President.

Kevin Mercado, O.D., F.A.A.O., President
Jennifer Gustafson, O.D., F.A.A.O., Vice-President
Janel Chou, O.D., F.A.A.O., Secretary
Molly McGinty-Tauren, O.D., F.A.A.O., Treasurer
Nancy N. Wong, O.D., Ph.D., F.A.A.O., Immediate Past President

Finance Committee

The Finance Committee monitors funds and assists the Treasurer in the collection and disbursements of funds. The committee also projects future financial demands and sources for the Association.

Molly McGinty-Tauren, O.D., F.A.A.O., *Treasurer and Chair*
Makesha Sink, O.D., F.A.A.O.
Glenn Saxon, O.D., F.A.A.O.
Brooke Smith, O.D., F.A.A.O.

Membership Committee

The membership Committee recommends means for membership retention and growth and monitors pertinent data about the membership.

Katherine Wang, O.D., F.A.A.O., *Membership Director and Chair*
Amber Louprasong, O.D. *Vice-Chair*
Janel Chou, O.D., F.A.A.O., *Executive Committee Liaison*
Rachel Caywood, O.D., F.A.A.O.
Theresa Chong Fernandez, O.D., F.A.A.O.
Matthew Horton, O.D., F.A.A.O.
Rebecca Kline, O.D., F.A.A.O.
Susie Lim, O.D., F.A.A.O.
Jarett Mazarella, O.D., F.A.A.O.
Kristin McDougall, O.D., F.A.A.O.
Jennifer Monarrez, O.D.
Shannon Santapaola, O.D., F.A.A.O.
Amber Scharnweber, O.D., F.A.A.O.
Heather Spampinato, O.D., F.A.A.O.
Nina Tran, O.D.

Events Committee

The Events Committee is responsible for planning and overseeing all NAVAO functions, including the annual NAVAO Business Meeting, Reception, and Dinner.

Carla Gilbertson, O.D., F.A.A.O., *Events Committee Director and Chair*
Jennifer Gustafson, O.D., F.A.A.O., *Executive Committee Liaison*
Sarah Dieter, O.D.
Rebecca Forman, O.D., F.A.A.O.
Kelly Thomann, O.D., F.A.A.O.
Katherine Wang, O.D., F.A.A.O.

Technology Committee

The Technology Committee is responsible for communicating with the membership via online technology. The Committee will maintain the NAVAO website, make suggestions for its improvement or enhancement, and conduct events requiring technological support as directed by the Executive Committee.

Richard Zimbalist, O.D., F.A.A.O., *Director of Technology and Chair*
 Kevin Mercado, O.D., F.A.A.O., *Executive Committee Liaison*
 Justin M. Cole, O.D., F.A.A.O.
 Jason Powell, O.D., F.A.A.O.
 Brett Zwolensky, O.D., F.A.A.O.

Technology Sub-Committee on Continuing Education

Amber Louprasong, O.D., *Coordinator*
 Angella Gentry, O.D., F.A.A.O.
 James Omodio, O.D., F.A.A.O.

Newsletter Committee

The Newsletter Committee is responsible for maintaining a formal communications link with the membership and assists the Newsletter Editor with publishing the quarterly NAVAO Newsletter.

Carrie Ho, O.D., F.A.A.O., *Newsletter Editor & Chair*
 Nancy Wong, O.D., F.A.A.O., *Executive Committee Liason*
 Hyewon Chang, O.D., F.A.A.O.
 Anju Kanikunnel, O.D., F.A.A.O.
 David Galeoto, O.D., F.A.A.O.
 Michelle Nguyen, O.D.
 Kelly Richmond-Revy, O.D.
 Robert Wang, O.D., F.A.A.O.



Optimum VA

	<u>Deadline for Submission</u>
Winter Issue - January	November 20
Spring Issue - April	February 27
Summer Issue - July	May 31
Fall Issue - Oct/Nov	August 31

*Please email any submission to the newsletter editor
 carrie.bo@navao.org.*